

Hartford Elementary News

Literacy Night

Literacy Night was held on January 15th. What a fun night we had! Thanks again to all our Trojan Buck Store volunteers for all they do!! Enjoy the pictures.



The evening began with pizza. Then everyone found a comfy place to read and take AR tests on the iPads.



Students and parents ended the evening by shopping at the Trojan Buck Store.

February Events:

- Friday, February 1 - "Souper Bowl" Ends
- Tuesday, February 5 - PTA meeting @ 7:00 HS Library
- Monday, February 11 - Dismiss @ 1:00: Parent/Teacher Conferences 1:30 - 5:00 and 5:30 - 8:30
- Monday, February 11 - School Board Meeting @ 5:30
- Wednesday, February 13 - Valentine's Parties @ 2:15
- Wednesday, February 13 - Yearbook order forms are due.
- Thursday, February 14 - No School - Staff Development Day
- Friday, February 15 - No School
- Monday, February 18 - No School
- Tuesday, February 19 - Bookmobile
- Friday, February 22 - Trojan Buck Store
- Coming up on March 1 - Read Across America Day! (Dr. Seuss Day)



THE JANUARY BIRTHDAY BASH

The January Birthday Bash was held on Wednesday, January 16th. Mrs. Tyler read the book, Happy Birthday to You! by Dr. Seuss. Each child received a pencil, a birthday card, a Trojan Buck, and a fruit snack. Happy birthday to all the January birthdays!



First Grade January Birthdays

Back Row: Cecilia (1-20), Jocelyn (1-11), Lauren (1-1) and Hailey (1-2)

Front Row: Zachary (1-12), Jesse (1-22), and Colton (1-21)



Kindergarten January Birthdays

Back Row: Kadence (1-19), Bryce (1-9), Stone (1-9), Connor (1-30), and Bradley (1-27)

Front Row: Jonathan (1-22), Andie (1-19), Gavin (1-20), Keaton (1-14)



Second Grade January Birthdays

Back Row: Christopher (1-14), Connor (1-20), Collin (1-27), Carter (1-20), Wyatt (1-20) and Curtis (1-13)

Front Row: Kennith (1-2) and Austin (1-22)

TYLER TUESDAY

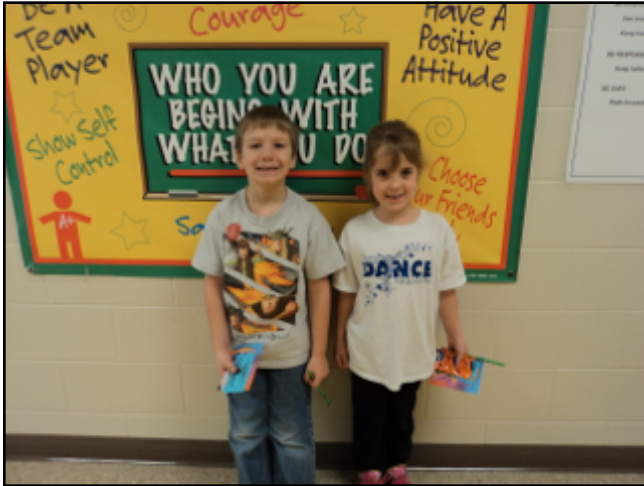
Tuesday, February 5th

For all February & July Birthdays!

Call Pam @ 528-3215 to register!

THE JUNE BIRTHDAY BASH

The June Birthday Bash was held on Wednesday, January 16th. Mrs. Tyler read the book, Happy Birthday to You! by Dr. Seuss. Each child received a pencil, a birthday card, a Trojan Buck, and a fruit snack. Happy birthday to all the June birthdays!



First Grade June Birthdays

Jacob (6-8) and Alyza (6-29)



Kindergarten June Birthdays

Jonathan (6-23), Kasey (6-28), Molly (6-14), Avery (6-28), Samuel (6-6), and Maria (6-13)



Second Grade June Birthdays

Back Row: Aleah (6-29), Evy (6-14), Jillian (6-19), Miranda (6-22), Quinn (6-18), and Caitlyn (6-30)

Front Row: Sean (6-6), Dalton (6-3), and Trever (6-11)

Early Dismissal

- Monday, Feb. 11 (1:00)

No School

- Thursday, February 14
- Friday, February 15
- Monday, February 18



Nurse's Notes by Rachel Sebr, School Nurse

Influenza A has arrived at the West Central Elementary Schools in full force. It seems to be hitting us a little earlier and a little harder than previous years. Please keep the below information in mind when assessing your child for possible influenza.

How does the flu spread?

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 days **after** becoming sick. **That means you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.**

What are the symptoms of the flu?

Symptoms of flu include:

- fever (usually high)
- headache
- extreme tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches
- stomach symptoms, such as nausea, vomiting, and diarrhea also can occur but are more common in children than adults

Although the term “stomach flu” is sometimes used to describe vomiting, nausea, or diarrhea, these illnesses are caused by certain other viruses, bacteria, or possibly parasites, and are rarely related to influenza.

How long is a person with flu virus contagious?

The period when an infected person is contagious depends on the age and health of the person. Studies show that most healthy adults may be able to infect others from 1 day prior to becoming sick and for 5 days after they first develop symptoms. Some young children with weakened immune systems may be contagious for longer than a week.

What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar flu-like symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

For more information regarding influenza, visit www.cdc.gov/flu/ or consult a health care provider.

PTA NEWS

Upcoming Events

Valentine Flowers & Candy

Each year PTA offers the delivery of flowers and candy bars to the elementary schools. Help is needed to prepare the deliveries so each order can be delivered by the end of the day on the 13th.

Tuesday Feb 12th, 7PM - Sort Candy

Location: 7901 W Maple ST, Sioux Falls (Tim and Kris Stark's home)

Wednesday Feb 13th, 8:30 AM - Noon - Sort Flowers and Deliver to Classrooms

Location: Hartford Elementary in Kare/Art Room area

****** We are also in need of extra large buckets to put the flowers in, please let us know if you have any we could pick up and use for the event.**

PTA is looking for volunteers to provide food for a baked potato bar at each building on February 11 during Parent Teacher Conferences. Food needs to be at the school by early afternoon on Monday the 11th. Due to limited fridge space, we are not providing beverages this time.

Please go to

<http://www.facebook.com/groups/PTAWestCentral/> to sign up to help!

Special Fundraising Projects for 2012-2013

1. Reduce school supply list by providing **ALL** notebooks and folders for the 2013-2014 school year.
2. Provide shin guards and soccer nets for the Humboldt and Hartford Elementary play grounds.

PTA annual membership is \$5.00. This year, members who activate their card will receive \$10.00 off a \$50.00 purchase at Office Max! Drop off your membership dues - along with a sheet of paper with your name, address, phone number, email address, and employer - at the school office or with your school's PTA representative. Please feel free to email us at: ptawestcentral@gmail.com for any suggestions or comments or visit our website at <http://facebook.com/groups/PTAWestCentral>. We would love to hear from you!

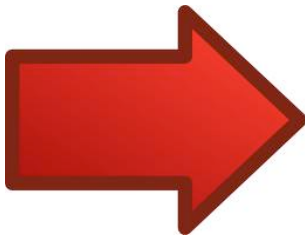


Middle School Improv

Second grade students were visited by West Central Middle School Improv teams. They shared different examples of bullying and how students can protect themselves and others from bullies (and how students can avoid becoming the bully). Thanks to these middle school students!



Congratulations to Rachel Lorang who won the gift certificate to Barnes & Noble from Literacy Night!



Order your
WC Elementary Yearbook
by February 13th
\$12.00

Pick up an order form in
the office or order on-
line on our website.

<http://westcentral.k12.sd.us>

District Services

Online Payments Now Available!

Don't wait in line to buy:

Activity Passes
KARE Before/After School Care
Transportation Fees
Yearbooks



Kindergarten Options at West Central

West Central School District offers several options for children of kindergarten age. Children who turn five years old on or before September 1, 2013 are eligible to enter kindergarten in the fall of 2013.

Junior Kindergarten is offered for children who turn five by September 1st, but need more time to mature (either socially or academically). The junior kindergarten program is half days of school, five days a week at WC Hartford Elementary. Students attend in the morning and transportation is provided within the district at mid-day. Children who attend junior kindergarten will attend regular kindergarten the following year.

All day every day kindergarten is offered to all kindergarten students at West Central. There are currently 4 sections of kindergarten in the WC Hartford Elementary, and 1 section of junior kindergarten. There is one section of kindergarten at the WC Humboldt Elementary School.

Kindergarten Call-In Registration/Screening Appointments

Parents are asked to call Pam at 528-3215 by February 1st to register their child and schedule an appointment for a screening time. The screening will take place on March 19th at the Humboldt Elementary with times available between 4:00 and 7:00 PM, and March 21st at the Hartford Elementary with times available between 8:00 AM – 7:00 PM. All prospective kindergarten students **MUST** be screened. It is very important that families register by February 1st so West Central School District can appropriately plan for the upcoming kindergarten classes.

Kindergarten Screening

West Central will hold kindergarten screening on Tuesday, March 19th from 4:00 – 7:00 P.M. at WC Humboldt Elementary and Thursday, March 21st from 8:00 A.M. - 7:00 P.M. at WC Hartford Elementary. The West Central School District requires that all kindergarten-eligible children (who turn 5 on or before September 1, 2013) are screened! *Please plan on attending this event!*

Appointment times start every half hour. The screening takes about one hour to complete. Parents/Guardians are encouraged to choose the day and location that works best with their schedule. Please remember that the screening location of Hartford or Humboldt does not determine the school placement.

Parents/Guardians and children should plan to attend the screening together. The children will be screened by the kindergarten staff while parents complete registration forms and necessary enrollment information. Parents need to bring a **certified copy** of their child's birth certificate (state law).

If it is not possible for a family to attend on March 19th or March 21st, parents/guardians should call the school to complete the screening another time. An alternative screening day will be arranged.

No School for Kindergarten

There will be NO SCHOOL for junior kindergarten and kindergarten students on Thursday, March 21st and Friday, March 22nd due to kindergarten screenings/meetings! All kindergarten staff will be involved in screening and planning for next year's kindergarten class.

FAVE COMES TO THE LUNCHROOM

Fruits And Vegetables Eaten

Our kitchen staff, led by Pat Beckman, was looking for a way for our kids to eat more fruits and vegetables. They also wanted the students to eat what they take, since sometimes young children end up throwing much of their food away. So, they created a reward program to see if it would help.

Each class has a laminated roster for each classroom hanging on the wall by their table. When they eat their fruit or vegetable, the lunchroom monitor gives the child a sticker to put by their name. When they get 5 stickers, they get a Trojan Buck. Then, they get to start over again.

To make this into a real learning experience for the students, every week rotates. This week we concentrated on vegetables and next week will be fruits. We are finding that many children really don't know the difference, so this is becoming a daily lesson for them.

We also encourage our "sack lunch" students to bring a fruit or vegetable in their lunch (and eat it) and they can also receive a sticker. Ask your child what they know about this program and see if they've gotten any stickers yet!

The February rotation is:

- February 4-8 (fruits)
- February 11-13 (vegetables)
- February 19-22 (fruits)
- February 25 - March 1 (vegetables)



Is There a Video Junky in Your Home? by Charles Fay of Love & Logic

I'm very, very concerned. Everywhere I go at least one person tells me the same sad story:

He plays video games nonstop. That's all he wants to do. As soon as he gets home, he goes into the bedroom, shuts the door, and starts playing his video games. When I ask him to shut them off, he ignores me or flies off the handle. And...forget about getting him to do any chores. All he thinks about is his games.

The story continues:

And our kids are getting just as bad!

Do you have a loved one who's obsessed with playing video games? Is your family going down the tube as a result? I'm often asked, "How can I tell if my child (or my spouse) is addicted to gaming?" Perhaps the simplest test is to ask them to stop for a week. That's right! Just ask them to put aside their video games for one short week.

Here's what to look for:

- Does the person get defiant and refuse to take a break?
- Is the person willing to take a break yet becomes exceptionally irritable, depressed, or "bored" during that time?
- Do they lie to you about sneaking game time during their "break"?

If you see any of these classic withdrawal symptoms, you can rest assured that your loved one has a serious problem that will lead to serious consequences if left untreated. My advice is three-fold:

Step One: Don't deny or minimize the problem. Know that it can destroy your family if you don't take action.

Step Two: Listen to our audio download, [Taming the Technology Monster](#).

Step Three: Get qualified professional help if your loved one refuses to live by the limits you set over their gaming.

Thanks for reading! Our goal is to help as many families as possible.

Dr. Charles Fay

REFLECTIONS....



We are always teaching children....whether we are aware of it or not. Several teachable moments happened this past month. One was our Souper Bowl. What a great way to instill empathy and caring in our young children! Pictured below are the winners of this event. 2B (Mrs. Spielmann's class) brought 187 items for our local food pantry, 1B brought 123 items, and 2C brought 116 items. Our school donated 1,268 items! Way to go Trojans!

Another teachable moment is our vegetable/fruit program going on in our lunchroom. Everyday, students are learning about portions (how much can I take and actually eat it all), the difference between fruits and vegetables, and being healthy overall.

This is one of my favorite quotes:

Children have never been good at listening to their elders, but they have never failed to imitate them. ~James Baldwin

- Mrs. Tyler



2B - Winners of the Souper Bowl Challenge!



Box Tops for Education

Just clip, put in a baggie and return to school! There is also a drop box at Sunshine.



Save Five for Schools

Just wash these milk and juice lids and send to school in a baggie (or Sunshine). Watch for store specials! We need the WHOLE lid!



Labels for Education

This is not just Campbell's Soup Labels anymore! There are many products that qualify. Check it out at labelsforeducation.com You can send labels to school with your child or drop in box @ Sunshine.

Cell Phones/Ink Cartridges

You can drop off old cell phones or ink cartridges and we can recycle and get money back. There is a box inside our front door.